

LITHUANIA

47

AVERAGE DIET (PER DAY) OF THE LITHUANIAN PEASANT (male adult)

Order	Foodstuff	Amounts consumed					Amounts absorbed
		Grammes	Proteins (grammes)	Fats (grammes)	Carbohydrates (grammes)	Calories (gross)	Calories (net)
1.	Rye bread	548.7	35.67	5.49	270.84	1,344.31	1,152.27
2.	Wheat bread	3.1	0.28	0.03	1.43	7.25	6.51
3.	White bread	3.5	0.24	0.02	1.1	9.31	8.4
4.	Wheaten flour	16.1	1.89	0.24	11.36	56.64	48.8
5.	Barley flour	4.8	0.48	0.11	3.5	17.38	14.4
6.	Flour for pancakes	85.0	12.75	1.28	58.21	303.02	267.07
7.	"Kisielius" (a kind of oatmeal)	5.1	0.28	0.16	1.3	8.3	7.2
8.	Barley gruel	28.4	2.84	0.65	20.76	102.81	85.2
9.	Wheat gruel	0.9	0.1	0.01	0.07	3.25	2.7
10.	Thick gruel	10.2	0.57	0.31	2.86	16.83	16.32
11.	"Vedaras" (intestine filled with grated potato, gruel and blood)	1.5	0.11	0.16	0.57	4.19	3.75
12.	Ground proats	0.8	0.09	0.01	0.61	2.32	2.4
13.	Dried peas	20.1	4.6	0.4	10.4	65.2	58.1
14.	Potatoes	1,010.8	21.23	1.01	212.27	970.37	909.71
15.	Cabbage	54.7	0.55	0.27	3.56	15.86	8.1
16.	Beetroot (soup)	27.8	0.28	—	1.95	9.17	8
17.	Beetroot	16.3	0.16	—	1.11	5.38	4
18.	Le. stalks of beetroot	1.8	0.02	—	0.18	0.36	—
19.	Beetroot leaves	5.9	0.06	—	0.41	1.18	—
20.	Carrots	3.8	0.04	—	0.34	1.56	0.65
21.	Salad	0.9	0.01	traces	0.02	0.11	0.07
22.	Radishes	5.9	0.06	—	0.24	1.18	1.12
23.	Cucumbers	34.7	0.21	—	0.35	2.43	—
24.	Onions	2.5	0.03	—	0.23	1.03	—
25.	Pegpy	0.4	0.08	0.16	0.07	1.74	1.21
26.	Mushrooms	7.1	0.36	0.01	0.21	0.41	1.99
27.	"Kisielius" made of cranberry	0.6	0.001	0.0001	0.1	0.42	0.36
28.	Red whortleberry jam	0.6	0.01	—	0.37	1.45	1.42
29.	Strawberry jam	1.2	0.01	—	0.73	2.9	2.84
30.	Apples	9.7	0.01	—	1.36	5.72	3.82
31.	Plums	4.1	0.03	—	0.68	2.92	1.1
32.	Sugar	10.3	—	—	10.29	40.68	40.17
33.	Honey	8.8	0.03	—	7.04	26.4	26.4
34.	Pork, half lean	31.2	5.62	6.55	—	83.93	79.56
35.	Pork, lean	3.2	0.67	0.22	—	4.83	4.48
36.	"Kisielius" (a kind of jelly)	1.6	0.34	0.11	—	2.32	2.24
37.	Pork, mutton, hare	10.2	2.04	0.59	—	17.44	16.48
38.	Beef soup	7.2	0.61	0.02	0.01	2.66	2.38
39.	Mutton	1.2	0.23	0.08	—	1.69	1.62
40.	Sucking pig	5.6	1.16	0.30	—	8.46	7.84
41.	Ham	4.5	1.12	1.62	—	19.67	18.9
42.	Sausage	0.2	0.06	0.1	—	1.12	1.06
43.	"Skimands" (the stomach of a pig filled with minced pork)	2.3	0.55	1.06	—	12.1	11.5
44.	Bacon	21.6	3.02	11.02	—	114.48	110.16
45.	Fat	10.3	0.01	10.25	—	95.38	94.76
46.	Linseed oil	0.09	—	0.03	—	0.28	0.28
47.	Fish	11.9	1.19	0.04	—	4.76	4.16
48.	Herrings	4.1	0.57	0.49	—	6.89	6.35
49.	Eggs	2.1	0.28	0.22	0.01	3.24	3.1
50.	Fresh milk	240.2	0.17	8.17	11.29	156.13	31.33
51.	Skim-milk	46.7	1.66	0.05	2.29	16.56	14.61
52.	Curded milk	193.1	6.37	5.21	6.60	110.97	104.27
53.	Buttermilk	7.6	0.26	0.04	0.36	2.89	2.51
54.	Cream	23.3	0.79	2.33	0.93	28.66	27.96
55.	Butter	10.5	0.06	9.05	0.06	84.67	84.24
56.	Curds	30.3	5.76	0.18	0.7	28.48	25.76
57.	Cream cheese	10.5	3.99	0.31	0.32	19.53	17.53
Total			127.67	68.7	657.0	3,861.4	3,479.1